

Red Alert

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Jennifer Pasley-Smith (USA)
音乐: Dance & Shout - Shaggy



STEP FORWARD, HITCH ¼-TURN LEFT, STEP, ¼-TURN LEFT/ HEEL, STEP FORWARD, HITCH ¼-TURN LEFT, STEP, ¼-TURN LEFT/ HEEL

- 1-2 Step left forward, pivot ¼-turn left while hitching right
- 3-4 Step right to side, pivot ¼-turn left while touching left heel forward
- 5-6 Step left forward, pivot ¼-turn left while hitching right
- 7-8 Step right to side, pivot ¼-turn left while touching left heel forward

STEP FORWARD, TOGETHER, STEP, TOUCH-OUT, HIP-ROLL, ¼-TURN LEFT, HIP-ROLL, ½-TURN RIGHT

- 9-10 Step left forward, step right beside left
- 11&12 Step left forward, touch right beside left, step right to right (end in a slight crouch position)
- 13-14 Roll hips to the left ending in a ¼-turn left (weight on right)
- 15-16 Roll hips to the right ending in a ½-turn right (weight on left)

STEP-TOGETHER (UP), STEP-TOGETHER (DOWN), STEP-TOGETHER (UP), STEP (DOWN), BODY ROLL BACK, STEP-BODY ROLL BACK

- 17& Step right forward keeping leg straight (body "up"), step left beside right
- 18& Step right forward bending knee (body "down"), step left beside right
- 19& Step right forward keeping leg straight (body "up"), step left beside right
- 20 Step right forward bending knee (body "down")
- 21-22 Body roll back, leading with shoulders, ending with weight on left
- &23-24 Step right beside left, step left back while beginning body roll back, ending with weight on left

RIGHT KNEE-STEP, TOES IN-OUT, LEFT KNEE-STEP, TOES IN-OUT, SIDE STEP RIGHT, TOGETHER, STEP, TOUCH

- &25&26 Hitch right knee, step right to right, turn toes in, turn toes out (weight on right)
- &27&28 Hitch left knee, step left to left, turn toes in, turn toes out (weight on left)
- 29-30 Step right to right, step left beside right
- 31-32 Step right to right, touch left beside right

REPEAT
